

Cycling BC

High Performance Strategy

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Our Mission

To identify and support talented cyclists from British Columbia in their pursuit of national and international success.

Introduction

We want to create the best Provincial Cycling Team in the country, on par with the best in the world. We aim to provide talented riders with world class coaching and support. Talented athletes will be invited to join Cycling BC Teams each year, and will be given a high level of support while they continue to race for their club or team. The Provincial Team riders will race as Cycling BC at the Nationals and all other Cycling BC projects and races with consultation with their team. The riders will benefit from the training and racing opportunities provided, and the clubs and teams will benefit from the improved performance of these athletes.

While increasing participation is a priority for Cycling BC, we believe that one of the best ways to achieve this is by providing motivation for the most talented athletes on their way up the athlete development ladder. Our intention is to support and develop these exceptional riders in the early and middle stages of their career, giving them the best skills and fitness to take them forward onto the National Team and international success. A byproduct of their success will be their status as role models for the next generation, which will increase awareness of cycling as a sport and will drive an increase in participation.

How is Cycling BC going to identify and develop talented cyclists?

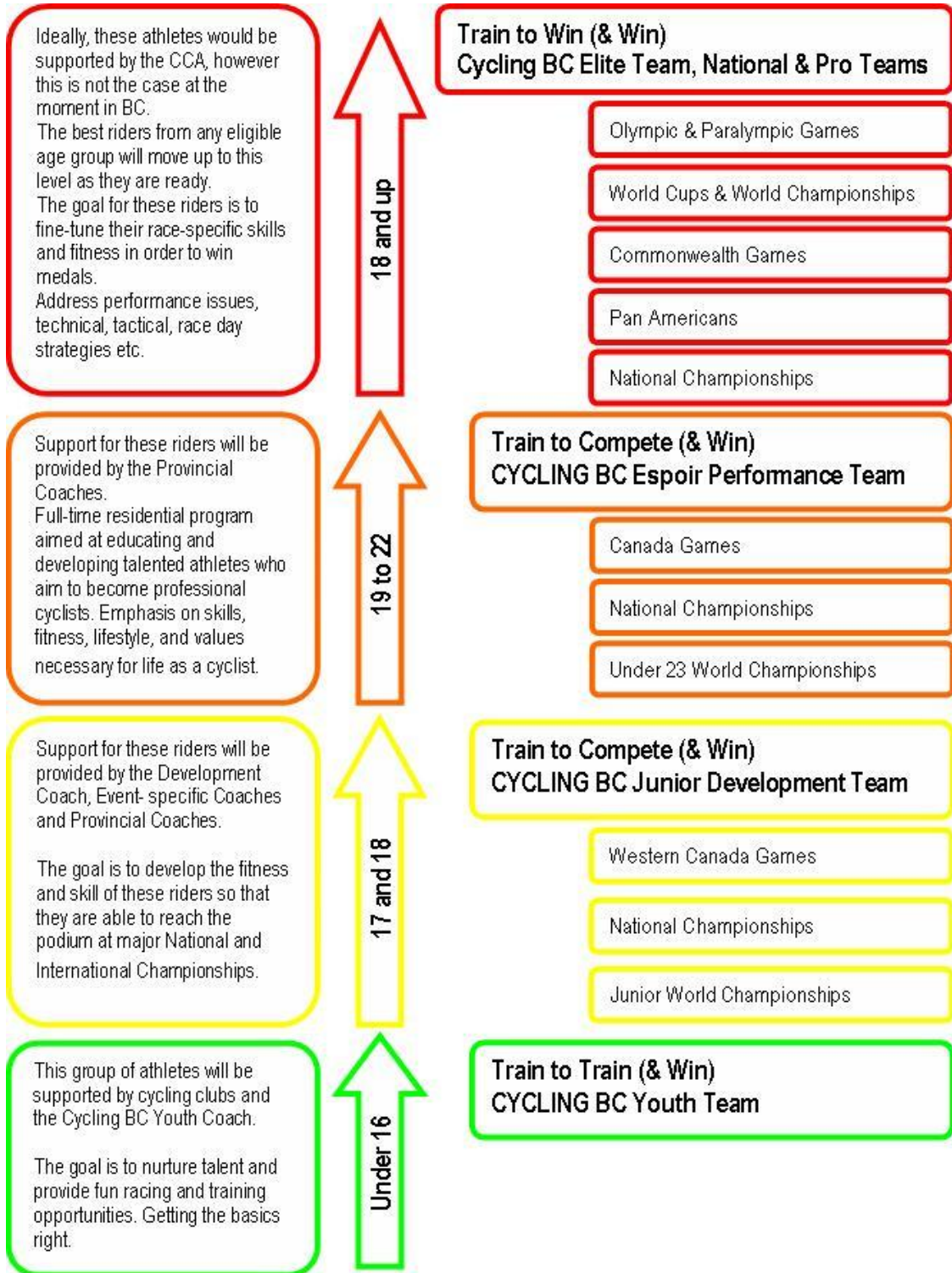
Young riders at the "Train to Train" stage of athlete development will be identified by the Cycling BC Development Coaches, who will attend and monitor local races as well as holding open-invitation training camps for Youth, Junior, and Espoir riders. At the Youth level, regular contact will be established with talented riders, who will then be eligible for selection to the Cycling BC Junior Development Team when they reach the appropriate age.

Cycling BC will work with the Cycling BC Junior Development Team at the "Train to Compete" stage on a regular basis, through regular telephone and email contact, as well as through training camps and racing opportunities during school holidays. This program will require a significant commitment from the riders, but will balance their educational needs as well.

Once talented riders reach the Under-23 age group, the "Train to Compete" and "Train to Win" stages, they will be eligible for annual selection to the Cycling BC Espoir Performance Team, which will be a residential program based in Burnaby (Track & Road) or Victoria (MTB), BC. It will emphasize self-discipline, routine, and hard work, and will develop their skills, fitness, and cycling-specific knowledge. The goal of this program is to produce riders who are then selected to the National Team or Professional cycling teams for the continuation of their cycling careers.

Riders who take up cycling later in their lives will also be eligible for support and coaching, if they can provide evidence that they have talent and are making progress towards selection for the National Team.

Cycling BC Rider Development Pathway



What does Cycling BC offer?

Cycling BC will be providing the best possible level of support to nurture the aspiring talented young riders. They will work with some of the best coaches in the country, who have the skills and experience to be able to identify where young riders most need to improve and then to tackle the challenge of motivating and training them in these areas. These coaches know exactly what the National Team coaches are looking for from a young rider, and are well placed to assist a rider in gaining the skills and fitness required to compete for a place in the next step to the podium.

As part of Cycling BC Junior Development Team and Espoir Performance Team, riders will receive the following:

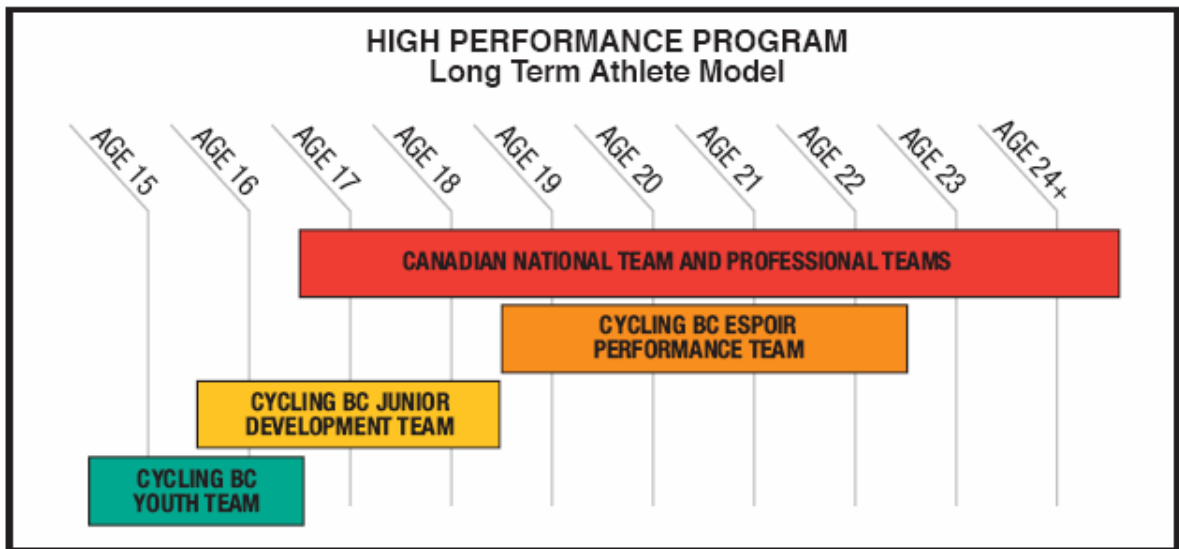
- High quality and intensive training, coaching, and competitive opportunities
- Event specific preparation training camps and/or races prior to National Championships
- Regular training and racing camps during school holidays
- Regular mandatory fitness testing
- Access to training facilities for skills training
- Bike(s), if needed and funds available*
- Cycling and leisure clothing
- Access to experts in sports medicine, nutrition, equipment, etc
- Either Provincial carding and/or Athlete Assistance Program funding, as needed
- Funding to attend the National Championships and support at the race

How will the success of Cycling BC be judged?

The primary aim of the Cycling BC programs is to win National Championships and to help riders get selected onto the National Team. Following on from this, we aim to ensure that riders with the potential to medal in international races continue to develop optimally. Therefore, the key performance indicators for Cycling BC each year will be as follows:

1. Number and percentage of BC riders on the National Team
2. Number of medals won by BC riders at National Championships
3. Total percentage of National Championships medals won by BC riders
4. Number of medals won at World Cups and World Championships (Junior and Senior) by current or previous members of the Cycling BC program

Athlete Pathway from Identification to National Team Selection



Cycling BC Youth Team

Identification of young talented riders will be done by the Youth Coach and other Cycling BC coaches, through open-invitation training opportunities as well as through local race results. These riders will be supported initially by the Youth Coach through training camp opportunities and coaching advice, if needed. Identified riders will be eligible for selection to Team BC for BC Games in the years when it is held.

Riders identified in the youth category will continue to race for their club or team, and will have contact and training opportunities within their Region during school holidays. Exceptional riders will be eligible to take part in Cycling BC Junior Development Team activities.

What can Cycling BC Youth Team riders expect?

Cycling BC Youth Team members can expect to meet and train together regularly throughout the year in their Region and other Regions. Cycling BC will also take advantage of school holidays to run regular training camps and racing trips.

What do we expect of you as a Cycling BC Youth Team rider?

This program will aim to identify talented young athletes and give them opportunities to show their potential. Riders will be encouraged to participate in multiple disciplines within cycling, as well as other sports, in order to build good all-round skills.

- Be motivated
- Feedback as requested to the Coaches

How many people will be selected to Cycling BC Youth Team?

This will be an open program, and will be based around talent identification and BC Summer Games. The focus of this program is participation and showing potential to move into the Junior Development Team and Espoir Performance Team.

How do I become a Cycling BC Youth Team rider?

Riders can apply directly to the Cycling BC Coaches at youthcoach@cyclingbc.net, and will be able to attend the Regional activities and programs. Club coaches are also encouraged to nominate riders to the Cycling BC Youth Team.

Cycling BC Junior Development Team

Identified young riders under the age of 19 will be eligible to attend Cycling BC Junior Development Team selection camps. The best of these riders will be selected to the Cycling BC Junior Development Team, and will attend competition preparation training camps as well as National Championships and other races. The goal for this group will be to develop their skills and fitness, as well as their ability to race successfully as a team. Junior National Championships and Junior World Championships will be the annual targets, as well as Canada and Western Canada Games in the years when it is held.

Riders who are selected for the Cycling BC Junior Development Team will continue to race for their club or team except for National Championships and all other identified Cycling BC projects and races, which will be set at the start of the year (January / February). They will have the option of being coached by the Cycling BC Provincial Coach and/or other BC Coaching Staff, and will be expected to commit to regular feedback, although they will be able to continue any existing personal coaching relationship as well. They will also be expected to commit to attending all of the training camps and races held for them by Cycling BC for that year, unless there are exceptional circumstances. Club and personal coaches of Cycling BC Junior Development Team athletes will also be asked to submit training plans and feedback on all Cycling BC Junior Development Team riders under their guidance.

What can Cycling BC Junior Development Team riders expect?

- Cycling BC Junior Development Team members can expect to meet and train together regularly through the year. Cycling BC will also take advantage of school holidays to run regular training camps and racing trips. Travel and accommodation will be provided by Cycling BC when funds are available*. Full commitment to this program will be expected.

What do we expect of you as a Cycling BC Junior Development Team rider?

This program will target the best of the best, those athletes who are aiming for success on the International stage and who treat cycling as their career. As such, we will expect the following from our Cycling BC members:

- Do the basics well
- Be organised
- Provide good quality and quantity of feedback to your coach
- Be self-disciplined and able to work to a routine
- Be a winner
- Have determination to succeed in cycling
- Have realistic ambitions
- Meet agreed goals
- Take responsibility for your education, including individual study if needed
- 100% commitment to the programme (team agreement)

How many people will be selected to the Cycling BC Junior Development Team?

The first phase of the Cycling BC High Performance Strategy will be in place for the 2008 season. This phase will target the Junior Development Team only, as a pilot program.

The following maximum number of riders will be selected in each discipline. All places will not necessarily be filled if riders don't meet the minimum standards.

Cycling BC JUNIOR DEVELOPMENT TEAMS	Male(s)	Female(s)	Total
Endurance	7	3	10
Sprint & Downhill MTB	3	3	6
MAXIMUM TOTAL:			16

How do I apply become a Cycling BC Junior Development Team rider?

New talented riders will be selected by sending in their results to richard@cyclingbc.net. All performances will be considered, and all applicants must want to reach their dreams and be prepared to give 100% towards achieving progression.

Selection will be based around the total points earned according to the following allocation in the Provincial Championships and National Championships and other events to be confirmed in each discipline. For National Championships points, BC riders will be rank ordered according to their finishing place, and then points will be allocated (i.e. if the best BC rider was 13th, they would score the full 12 points). Any riders hoping to be selected to Cycling BC in the upcoming year must compete in both of these events.

Selection Events:

- Provincial Championships
- National Championships
- Other events to be confirmed

Points Allocation

- 1st place = 12 points
- 2nd place = 10 points
- 3rd place = 8 points
- 4th place = 6 points
- 5th place = 5 points
- 6th place = 4 points

Minimum Fitness Standard

All riders must undergo a fitness assessment and must meet minimum fitness standards in order to be selected to Cycling BC. Track riders will also be required to complete a trial on the track in Burnaby. The purpose of this is to ensure that the Team will be at a level to compete successfully at National Championships. There will be allocated testing days that riders will be required to attend in order to be chosen for the Team.

Endurance riders will undergo an endurance test, while sprinters will undergo a sprint-specific test. Downhill will need to do both. The minimum fitness criteria will be a Power-to-Weight ratio for endurance riders, and maximum power on an ergometer for sprinters. These are both good indicators of performance on the bike for the relevant disciplines. The Power-to-Weight ratio is a good indicator of how a rider will perform outside of the lab, as it takes into consideration how a rider's power relates to their body size, which is important for endurance riders who have to be able to ride uphill in many road events. Sprinters, such as track sprinters and BMX riders, don't need to overcome gravity, and so maximum power is the most appropriate indicator of performance for them.

Minimum standards are as follows:

	Power-to-Weight (W/kg)	Power (W)
Junior Endurance Men	5	
Junior Endurance Women	4	
Junior Sprint Men		1200
Junior Sprint Women		900
Junior Downhill Men	4	1000
Junior Downhill Women	3	800

Cycling BC Espoir Performance Team

After a maximum of three years on the Cycling BC Junior Development Team, riders will be eligible for selection to the Cycling BC Espoir Performance Team. Newly identified talented riders will also be eligible for selection. These athletes will live together and be part of a centralized program focused on getting the basics right through consistent training and hard work. This program will run in 2-year blocks, with the first year emphasizing skill development and base fitness, and the second year focused on achieving performance at the National U23 Championships and the U23 World Championships, as well as the Canada Games in the years when it is held.

The Cycling BC Espoir Performance Team riders will have to give 100% commitment to this program, which will require them to adhere to a scheduled timetable of training and educational sessions. This program is for talented riders who hope to make the step up to National and International success, and will focus on doing the basics well and consistently. Additional skills will also be taught with the intention of producing self-sufficient riders who could live and race confidently and successfully anywhere in the world.

What can Cycling BC Espoir Performance Team riders expect?

- Cycling BC Espoir Performance Team riders can expect to live together for prolonged periods of the year, similar to University semesters, in the Burnaby or Victoria area. Accommodation will be arranged rent-free for the riders if funds are available*, but living costs such as food and clothing must be met by the athletes. A regular weekly timetable will be prescribed, including training, recovery, educational opportunities, and part-time work if necessary. Riders can expect to work hard getting the basics right, with consistent training and athletic lifestyle. They can also expect to learn how to be self-sufficient and well-educated about how to live as a full-time bike rider. Full commitment to this program will be expected.

What do we expect of you as a Cycling BC Espoir Performance Team rider?

This program will target the best of the best, those athletes who are aiming for success on the International stage and who treat cycling as their career. As such, we will expect the following from our Cycling BC Espoir Performance Team members:

- Do the basics well
- Be organised
- Provide good quality and quantity of feedback to your coach
- Be self-disciplined and able to work to a routine
- Be a winner
- Have determination to succeed in cycling
- Have realistic ambitions
- Meet agreed goals
- Take responsibility for your education, including individual study if needed
- 100% commitment to the programme

How many people will be selected to the Cycling BC Espoir Performance Team?

The second phase of the Cycling BC High Performance Strategy will be started in 2009, with the initiation of the Espoir Performance Team for under-23 year old riders. The best athletes from the Junior Development Team will progress into this new program, along with newly identified riders. The Junior Development Team will continue into its second year in 2009.

This group will be coached by the Provincial Head Coach and Event-specific Coaches who will focus on supporting these riders in developing the skills and fitness they need to reach the podium at the National Championships as well as for International success.

Riders will be selected in the following categories. As with the Junior Development Team, if no riders meet the selection criteria in a discipline, the place will not be filled that year.

Esplor Performance Team	Male(s)	Female(s)	Total
Road & Track Endurance	6	3	9
Mountain Bike	3	2	5
Sprint	2	2	4
TOTAL:			18

How do I become a Cycling BC Espoir Performance Team rider?

Talented riders will be selected BY APPLICATION ONLY, using the application form available for download from www.cyclingbc.net. Exceptional performances will be considered and all applicants must want to reach their dreams and be prepared to give 100% towards achieving progression. Applications for the upcoming year will need to be received by October 20th 2008.

Once all applications are in, selection will be based on the total points earned according to the following allocation in the Provincial Championships and National Championships in each discipline. Selection will be confirmed by an interview with the Provincial Head Coach, who will be assessing goals, attitude, and commitment to the Team. For National Championships points, BC riders will be rank ordered according to their finishing place, and then points will be allocated (i.e. if the best BC rider was 13th, they would score the full 12 points). Any riders hoping to be selected to Cycling BC in the upcoming year must compete in both of these events.

Selection Events:

- Provincial Championships
- National Championships
- Other events to be confirmed annually

Points Allocation

- 1st place = 12 points
- 2nd place = 10 points
- 3rd place = 8 points
- 4th place = 6 points
- 5th place = 5 points
- 6th place = 4 points

Minimum Fitness Standard

All riders must undergo a fitness assessment and must meet minimum fitness standards in order to be selected to Cycling BC. Track riders will also be required to complete a trial on the track in Burnaby. The purpose of this is to ensure that the Team will be at a level to compete successfully at National Championships. There will be allocated testing days that riders will be required to attend in order to be chosen for the Team.

Endurance riders will undergo an endurance test, while sprinters will undergo a sprint-specific test. Downhill will need to do both. The minimum fitness criteria will be a Power-to-Weight ratio for endurance riders, and maximum power on an ergometer for sprinters. These are both good indicators of performance on the bike for the relevant disciplines. The Power-to-Weight ratio is a good indicator of how a rider will perform outside of the lab, as it takes into consideration how a rider's power relates to their body size, which is important for endurance riders who have to be able to ride uphill in many road events. Sprinters, such as track sprinters and BMX riders, don't need to overcome gravity, and so maximum power is the most appropriate indicator of performance for them.

Minimum standards are as follows:

	Power-to-Weight (W/kg)	Power (W)
U23 Endurance Men	6.2	
U23 Endurance Women	4.5	
U23 Sprint/DH Men		1550
U23 Sprint/DH Women		1000

Cycling BC Elite Team

Once riders have progressed into the Senior age category, they will no longer receive support unless a comprehensive National Team program is unavailable for their discipline. Once riders are at this stage they should have achieved the results or shown the potential needed to either be selected to the National Team or a Professional Team, and so would receive support from them.

However, in the final two years of each summer Olympic cycle, potential Olympians in cycling who are based in BC and hold BC race licenses can, if they desire, receive coaching support from the Cycling BC Provincial Head Coach as well as funding to help with their final Olympic preparation, if we can secure funding for this.

How many people will be selected to the Cycling BC Elite Team?

Elite senior riders will be selected to the Cycling BC Elite Team on an ongoing basis at the discretion of the Provincial Coach. This is to support athletes who have shown exceptional potential, but have come into the sport at an age that prevents them from participating in the Junior Development Team or Espoir Performance Team, or where there is no comprehensive National Team program in place.

Forward Plans

Once these programs are in place, they will continue to run indefinitely as long as the resources are available. However, since the primary funding streams target success in Olympic disciplines, the priorities will shift from program to program depending on the phase of the summer Olympic cycle, as outlined below:

- 2008 = Youth Team & Junior Development Team Program
- 2009 = Youth Team, Junior Development Team & Espoir Performance Team
- 2010 = Youth Team, Junior Development Team & Espoir Performance Team
- 2011 = Youth Team, Junior Development Team, Espoir Performance Team, & Elite Team
- 2012 = Youth Team, Junior Development Team, Espoir Performance Team, & Elite Team

Cycling BC BMX

What can Cycling BC BMX riders expect?

Cycling BC BMX members can expect to meet and train together regularly through the year. Cycling BC will also take advantage of school holidays to run regular training camps and racing trips. Travel and accommodation will be provided by Cycling BC. Full commitment to this program will be expected.

What do we expect of you as a Cycling BC BMX rider?

This program will target the best of the best, those athletes who are aiming for success on the International stage and who treat cycling as their career. As such, we will expect the following from our Cycling BC members:

- Do the basics well
- Be organised
- Provide good quality and quantity of feedback to your coach
- Be self-disciplined and able to work to a routine
- Be a winner
- Have determination to succeed in cycling
- Have realistic ambitions
- Meet agreed goals
- Take responsibility for your education, including individual study if needed
- 100% commitment to the programme

How many people will be selected to Cycling BC BMX?

JUNIORS	Male(s)	Female(s)	Total
Elites	2	2	4
Junior (2 nd year)	1	1	2
Junior (1 st year)	1	1	2
16	1	1	2
15	1	1	2
Coaches choice	1	1	2
TOTAL :			14

Additional Members Selection information:

14 years olds - There will be up to four riders selected to be on the training team.

How do I become a Cycling BC BMX rider?

Talented riders will be selected BY APPLICATION ONLY, using the application form available for download from www.cyclingbc.net. Applications for the upcoming year will need to be received by October 1st.

Once all applications are in, selection will be based on the best 5 of 6 points earned according to a list of eligible events that will be published annually. BC riders will be rank ordered according to their finishing place, and then points will be allocated (i.e. if the best BC rider was 3rd, they would score the full 22 points).

Selection Events:

- BC Provincial Championships
- National Championships
- Other events to be selected annually

Points Allocation

- 1st place = 22 points
- 2nd place = 18 points
- 3rd place = 16 points
- 4th place = 14 points
- 5th place = 13 points
- 6th place = 12 points
- 7th place = 11 points
- 8th place = 10 points
- 9th place to last finisher = 5 points

Minimum Fitness Standard

All riders must undergo a fitness assessment and must meet minimum fitness standards in order to be selected to Cycling BC. The purpose of this is to ensure that the Team will be at a level to compete successfully at National Championships. There will be allocated testing days that riders will be required to attend in order to be chosen for the Team.

Minimum standards are still to be set:

	Power-to-Weight(W/kg)	Power (W)
Elite Male		
Elite Female		
Junior Men		
Junior Women		
Youth Male		
Youth Female		

	Timed Lap around Track	Timed Pump Lap around Track
Elite Male		
Elite Female		
Junior Men		
Junior Women		
Youth Male		
Youth Female		

Sample Weekly Plan: Cycling BC Espoir Performance Team 2009

Week & Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
TIME 07:00							1Hr with a few easy sprints	
8:00								
9:00	DAY OFF	1.5Hrs recovery ride either as a group or alone					Travel	
10:00			4-5.5Hrs split in groups for efforts (Hill/TT/Sprints/TTT)	1-2.5Hrs recovery ride either as a group or alone	4Hrs group ride with 2-3 30mins climbs / tempo riding on the way home.	1-2.5Hrs recovery ride either as a group or alone	Racing	
11:00								
12:00								
13:00		Easy ride to the track		Easy ride to the track				
14:00		Track 2-5pm (focus on skills and drills)		Track 2-5pm (focus on skills and drills)		MTB/Race/Track		
15:00							Travel	
16:00								
17:00								
18:00		Easy ride home from the track		Easy ride home from the track		KEY	ROAD TRAINING	
19:00							TRACK TRAINING	
20:00							RACING	
21:00							TRAVEL	
22:00							MTB/Race/Track	

Biography: Richard Wooles (Provincial Head Coach & High Performance Director)

Richard was a competitive road cyclist who rode for Wales and Great Britain at international events such as the Commonwealth Games and World Championships. After deciding to end his cycling career, he worked for the Great Britain Cycling Team at two Olympic Games, and with the Linda McCartney Foods Professional Cycling Team in France. He was then hand-picked by the Performance Director to take on the role of Women's National Coach. This led to his being appointed Training & Development Coach at the World Cycling Centre in Switzerland, where he spent two years working with talented cyclists from around the world. A number of his riders have gone on to success at World Cups, World Championships, and other major events, at both Junior and Senior levels.

Results from the 2007 National Championships

	Road Race	Road TT	MTB XC	MTB DH	BMX	Ind. Pursuit	Team Pursuit	Points	Scratch	Madison	Kilo	Sprint	Team Sprint	Keirin	500m	Medals Awarded	BC Medals Won	% of total medals won
Elite Male	1	3	2	2	1	2	1	1		0		0	1	0		36	14	38.9
Elite Female	3	0	2	3	2	0		1				0		2		27	13	48.1
U23 Male	2	2	1													9	5	55.6
U23 Female			1													3	1	33.3
Junior Male	1	2	1	2	0	2	1	1			1	0	0	0		36	11	30.6
Junior Female	0	0	1	1	1	0		0				0			0	26	3	11.5
U17 Male			2	3	1											9	6	66.7
U17 Female			1	2	0											8	3	37.5
Total Medals Awarded	15	15	24	16	18	12	6	12	0	3	3	12	6	9	3	154		
Medals Won by BC	7	7	11	13	5	4	2	3	0	0	1	0	1	2	0		56	
% of Medals won by BC	46.7	46.7	45.8	81.3	27.8	33.3	33.3	25.0			33.3	0.0	16.7	22.2	0.0			36.4

BC National Champs	3	2	3	4	2	2	2	2		0	0	0	1		3		21	
Total National Champs	5	5	8	6	6	4	2	4		1	1	4	2	3	2	5	53	39.6

* Cells shaded yellow show National Champions from BC

Number of National Championships Medals Won by Team BC

